

## Advanced Course in Manual Therapy Techniques for the Pelvic Floor

### Biography

Maeve Whelan is a Specialist Chartered Physiotherapist in Women's Health & Continence in Private Practice in Dublin. Her area of interest is manual therapy of the pelvic floor and its application in bladder and bowel control, prolapse and chronic pelvic pain. Maeve completed a MSc by Research in 2013 in the area of manual therapy and pelvic organ prolapse. She speaks at conferences, has published papers and contributed book chapters on the subject and teaches the techniques that she has developed nationally and internationally. She was awarded the title Specialist Member of the Irish Society of Chartered Physiotherapists in 2008 and again in 2013.



### Course Aims

- To provide participants with the evidence to enhance clinical reasoning in the management of all pelvic floor dysfunction
- To provide participants with new manual skills to enhance current practice
- To challenge participants to re-examine their clinical practice in the light of the presented techniques and evidence

### Course Objectives

On completion of this course participants will have an understanding of:

- Detailed pelvic floor anatomy with ability to differentiate between superficial and deep pelvic floor muscles
- Theories of pelvic floor muscle dysfunction in bladder and bowel control, pelvic organ prolapse and chronic pelvic pain
- Vaginal muscle / fascial / organ examination and ability to differentiate between overactive and underactive pelvic floor
- Rectal muscle / fascial / organ examination and ability to differentiate between overactive and underactive pelvic floor
- Vaginal manual therapy techniques to treat pelvic floor muscle imbalance
- Rectal manual therapy techniques to treat pelvic floor muscle imbalance
- Self help techniques for pelvic floor release including "Sniff, Flop & Drop"
- Long term rehabilitation and home programmes
- The use of realtime ultrasound to evaluate the changes over a session of manual therapy (where available)

## Course Description

This two-day course is for physiotherapists already working in the field of obstetrics and gynaecology and with experience of internal vaginal examinations. Experience of internal rectal examinations is not essential to attend the course. The course will provide insight into the complex anatomy of the female and to a lesser extent the male pelvic floor anatomy and has a large practical component, where participants through their knowledge of anatomy will acquire skills and techniques to treat a wide variety of pelvic floor dysfunctions. Many of the techniques are muscle and fascia specific and are based on the principles of trigger point therapy described by Travell and Simons. Participants are encouraged to practice techniques on each other in order to learn the techniques but also to experience the sensation of being palpated and to experience the changes in their own pelvic floors under the hands of the participating therapists.

## Course Content

- Theory of pelvic floor anatomy and differentiation of superficial and deep structures
- Guided practical sessions of internal vaginal examination and mapping out of structures
- Theory of vaginal defects and pelvic floor dysfunction where manual therapy techniques may be applied
- Guided practical session of vaginal manual therapy techniques
- Theory of rectal defects and dysfunction where manual therapy techniques may be applied
- Guided practical session of rectal manual therapy techniques
- Introduction to connective tissue manipulation and other manual therapy techniques
- Practical session of connective tissue manipulation techniques
- Documentation of findings, techniques and changes
- Theory and practice of breathing release techniques (“Sniff, Flop and Drop”)
- Exercise progression
- Case studies
- Realtime Ultrasound to demonstrate changes before and after manual therapy (where available)

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